

Silver Ballet Pilates: Participant Evaluation



14 May 2013 – Week 12

As a regular attender of ARC’s Silver Ballet Pilates session with Sarah Hearn we would be delighted if you could spare a moment to help us gather some feedback about this activity.

Ballet Pilates is being supported by the Skills Fundraising Agency as part of the Community Learning Innovation Fund and is an activity that ARC is striving to develop and ensure meets your needs.

Your feedback helps us to continue to support and develop the Ballet/Pilates programme and we thank you for the time you have taken to complete this.

Before Ballet Pilates how much regular fitness activity did you do on a weekly basis? (please circle)

0 hours a week	1 hour a week	2-3 hours	4+
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Since attending Ballet Pilates how much regular fitness activity do you do on a weekly basis? (Including this session)

0 hours a week	1 hour a week	2-3 hours	4+
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Do you think your flexibility has improved as a result of attending Ballet Pilates YES/NO

If YES please can you give an example of this change?

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Please could you reflect on the following statements about how you feel after attending a Ballet Pilates session?

	Strongly Agree	Agree	Disagree	Strongly Disagree
I feel less stressed				
I feel a sense of achievement				
I'm more aware of my body				
I stand taller and stronger				
I feel more positive about my day				

As a result of attending Ballet Pilates on a regular basis have you noticed any of the following improvements to your physical health and fitness:

	Significant improvement	Noticeable improvement	Slight improvement	No change
Weight Loss				
Muscle tone				
Balance				
Coordination				
Joint Mobility				